

### Abstract of the Disclosure

A compressible seal for a loading dock includes a pliable heat shield that helps protect the seal from concentrated heat generated by a truck's taillight being pressed against the seal. The seal includes a compressible foam core protected by a tough outer covering. The heat shield is preferably placed against the foam core, just underneath the cover. The shield reflects heat away from the foam and helps disperse the heat over a broader area to reduce the peak temperature of any hot spots.